

BUILDING RESILIENCE THROUGH MEDITATION & RELATED PRACTICES

A Two Hour ONLINE WEBINAR with Elaine Huang

**SUNDAY, OCT. 11, 2020
10:00 AM – 12:00 PM MST**

Meditation and related practices strengthen our resilience
- the ability to adapt to adversity, bounce back, and grow.
Learn about increasing resilience and building other inner strengths
that contribute to a core sense of wellness.

Periods of meditation will be alternated with psycho-spiritually based talks.
There will be time for questions and answers.

**WEBINAR COST: \$30.00
REGISTRATION & PAYMENT NOW AVAILABLE ONLINE AT:
www.mayyouawaken.com**

**Prepayment is required to receive a Zoom link for the webinar.
The Zoom link will be sent out a week before the event.
Post event - registrants will receive an audio recording to keep.**

**or pre-register by calling 406-582-8694 or
by emailing mayyouawaken@gmail.com**

**Prepayment by check can be sent to:
Embodiment of Freedom, 1919 Fairway Dr., Ste. #101, Bozeman, MT 59715**

Elaine is the spiritual teacher and owner of Embodiment of Freedom. For 20 years, she has assisted over 1,250 individuals in awakening and embodying greater spiritual and personal freedom. She has led nearly 100 meditation intensives in various settings over the last 28 years, and has been a meditator for 31 years. Her meditation retreats and online intensives enhance personal wellness through meditation practice and the enrichment of spiritual awareness. To learn more about Elaine, her meditation offerings, or individual mentoring, please visit: www.mayyouawaken.com



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